

CNRMA

COMMANDER NAVY REGION MID-ATLANTIC



Serving the
Mid-Atlantic Region
Navy Community

Safety Office

Naval Amphibious Base
Little Creek



SAFETY ADVISOR

March 2007

The Navy Region, Mid-Atlantic Public Safety, Little Creek Safety Office publishes the Safety Advisor and widest dissemination within your organization is encouraged. Please post on official bulletin boards and route to your staff.

Do you hear what I hear?

Hearing Readiness is the Navy and Marine Corps Safety Planner topic for March. We often take our hearing for granted. We subject ourselves to noise on a regular basis; concerts, clubs, the ever popular iPods®, car stereo's, mowing the lawn, running weed-eaters and trimmers; all without any thought to the damage we may be doing to our hearing and without the benefit of hearing protection. Unfortunately by the time we realize there is a problem, it is usually too late because we have already suffered a sufficient hearing loss. Take a moment and listen to your surroundings, at work and at home. Are sounds loud or soft? Are you exposed to the same sounds day after day? Are they continuous or intermittent?



Exposure to noise can cause fatigue, elevated blood pressure, tension and nervousness and most importantly hearing loss. The effects of noise depend on your exposure and how loud the sound is. Being exposed to noise levels of 85 to 120 decibels may not be painful, but will most certainly damage your hearing over time. For example, a ticking watch is equal to about 20 decibels while a jet can produce between 130 to 160 decibels. Any sound over 85 decibels requires hearing protection. You may experience only minor symptoms such as tinnitus/ringing or buzzing in your ears or muffled hearing for a few hours after exposure. Repeated exposure may lead to permanent hearing loss. Even if you have no symptoms or pain you may begin to have trouble hearing high-frequencies, followed by loss of speech frequencies, consonant sounds first, followed by vowel sounds. Eventually all spoken communications, TV's, phone conversations, and listening to music may become difficult or impossible to hear.

You and your command can work together to protect your hearing through workplace monitoring, testing, engineering controls to remove the noise, administrative controls such as controlled exposure, personal protective equipment (PPE) and training. Your industrial hygienist can monitor your workplace to determine noise exposure in your work center. (A quick test...if you have to shout to talk to someone 2-3 feet away, then the sound is probably greater than 85 decibels. The Navy's threshold is any noise over 84 decibels requires hearing protection.) Be sure to have an annual hearing test if you work in a noisy environment. You must be provided with hearing protection and receive annual training. Hearing protection will only work if you wear it. There are a variety of earplugs and earmuffs available for workers. Find the one that works best for you and wear it. Imagine your life without sound...it won't sound good!



Motorcycle Operator Checklist

Spring is in the air, the sun is shining, mornings are cool...the afternoons are warm & inviting. You're thinking about pulling out the motorcycle and hitting the open road. There's nothing to do but wash the dust off, polish the chrome and get in the

wind...right? WRONG! Here are a few tips from the Naval Safety Center's web site to make sure you and your bike are ready for a safe ride.



Do you have the proper endorsement on your license to operate a motorcycle?

Is your motorcycle registration, state inspection, insurance and base decal current?

How long has it been since you attended the MC Basic Rider Course? (Required for all military riding on/off base.)

Maybe it's time to brush up those riding skills by attending the "Experienced Rider Course".

Do you have and use the minimum REQUIRED personal protective equipment:

- ☒ DOT or SNELL approved helmet (If you have been in an accident wearing your helmet, or have dropped your helmet, it should be replaced.)
- ☒ Long pants
- ☒ Long-sleeved shirt (minimum Requirement) Ride to be seen, wear something brightly colored during the day and a reflective/fluorescent vest at night and in poor visibility situations.
- ☒ Jacket designed for the motorcycle rider (preferred)
- ☒ Full finger leather gloves
- ☒ Hard soled shoes/boots with heels and ankle protection
- ☒ Protective eyewear

☒ Note: These are the minimum requirements for all military personnel, riding on or off base.

If your bike has been stored for an extended period of time, prepare your bike for operation using the procedure provided in your owner's manual. Before each ride, remember the pre-ride check: lights/horn, tires/wheels, fuel/oil, cables, and suspension.

Remember that tire pressure is a critical part of suspension. Inflate to manufacturer's recommendation. Keep in mind you haven't ridden your motorcycle for several weeks (or months). Regardless of your experience, it will be necessary to re-sharpen your physical and mental skills.

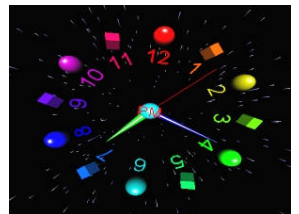
Be Cautious!

Start off slowly and practice your riding skills. Take advantage of an empty parking lot before you hit the local streets. Get plenty of solo experience and be sure you are comfortable with your bike and skills before riding with a passenger. Your passenger should wear protective equipment and clothing designed for motorcycling. Don't forget their safety briefing. Again, it's a good idea for both of you to get comfortable in a parking lot before street riding. Practice in a parking lot with your passenger until you are comfortable with the critical accident avoidance skills of braking, cornering, and swerving. Don't forget you are responsible for their well-being and safety. Above all, remember alcohol in any amount, excessive speed, and lack of training/experience are each singularly deadly when applied to motorcycling. Combined, they are a surefire method of becoming a traffic statistic.

Spring Ahead...

It's that time once again...Daylight Savings Time will begin on March 11th this year. This is also the perfect time to change the batteries in your smoke detector and test the detector to ensure it is working and functioning properly. Smoke detectors will save lives, but only if they are hooked up and working. Each home should have a minimum of one detector on each floor of the home.

Information on the best locations and positioning of detectors is available on the manufacturers package or from your local Fire Prevention Office.



March Safety Topics

4th-10th – Save Your Vision Week – www.aao.org (February was Workplace Eye Safety Month – see last month's "Safety Advisor" for an article on "Eye Safety")

5th-11th – National Sleep Awareness Week – www.sleepfoundation.org - This event coincides with the return to Daylight Saving Time, when clocks "spring forward" at 2:00 a.m. on the second Sunday in March – a time when most Americans choose to lose an hour of sleep! Visit the Sleep Foundation Website to see how a "Lack of sleep can also lead to serious health consequences

and jeopardize your safety and the safety of individuals around you.” For example, short sleep duration is linked with:

- ⊗ Increased risk of motor vehicle accidents
- ⊗ Increase in body mass index – a greater likelihood of obesity due to an increased appetite caused by sleep deprivation
- ⊗ Increased risk of diabetes and heart problems
- ⊗ Increased risk for psychiatric conditions including depression and substance abuse
- ⊗ Decreased ability to pay attention, react to signals or remember new information

(Source: www.sleepfoundation.org - How Much Sleep Do We Really Need?)

12th-16th – Annual Navy, Marine Corps, and Coast Guard Safety Professional Development Conference – Visit the website at <http://www.safetycenter.navy.mil/training/pdc/default-15PDC.htm> for more information on location and seminars.

18th-24th – National Poison Prevention Week – www.cpsc.gov – National Poison Prevention Week, the third week in March each year, is a week nationally designated to highlight the dangers of poisonings and how to prevent them. However, every day people can and do prevent poisonings. We invite you to review the information on www.poisonprevention.org and become actively involved in helping ensure the safety of children and adults in your home and your community.

Future Safety Events

- **Quarterly Traffic Safety Council Meeting** – 17 May, 0930-1030, **bldg 1602 Conference Room (NOTE LOCATION CHANGE)**-all Safety Representatives are encouraged to attend.
- **Ammunition and Hazardous Material (AMHAZ) Review Board**- 16-20 Apr 2007
- **DUI Prevention Meeting**- TBD
- **Spring Safety Fair** – 09 May 2007 – Base Theater (Bldg 3504) 0800-1000 & 1300-1500 – Come join us for your Summer Kick-Off on Traffic and “RODS” Safety. We will be holding two informative “Safety Stand-down” sessions. There will be displays on responsible alcohol use, Drive Safe Hampton Roads, how to host a “Safe” summer get together, motorcycle safety, driver improvement, safe boating, and a host of other “Spring & Summer Hazards”. Commands, please contact 462-2199 to reserve quotas now. More Information will be posted as we get closer.
- **Motorcycle Safety Rodeo** – 01 June 2007 – Sewell’s Point MC Safety Range.

“The Deficiency Corner”

Could this be your worksite??? If you have this problem... let's do something about it!!



Problem: Exposed wiring
Violation: 29 CFR 1910.303(b)(1)(iii)
Solution: Remove from use and dispose of or have wiring/insulation repaired.



Problem: HAZMAT containers not labeled or marked
Violation: OPNAVINST 5100.23G, chapter 7
Solution: Label containers properly or dispose of HAZMAT through HAZMIN Center

Motorcycle Helmets Still Required for Sailors, Marines

The Naval Safety Center reminds all Sailors and Marines they are required to wear a helmet while riding a motorcycle, both on and off base, even if the state in which they are riding permits them to go without. This reminder comes because Sailors and Marines stationed in Virginia recently may have heard about a proposed change to existing laws that, if passed, would allow riders to forego the helmet on roads considered scenic byways.





Master Chief Machinist's Mate (SW/AW) James Cooke, a traffic/recreational and off-duty specialist at the Naval Safety Center said that, no matter what, Sailors and Marines must wear helmets. "Bottom line: you have to wear one," said Cooke. An avid Harley-Davidson rider himself, he said people would be crazy not to make the smart choice when deciding whether or not to wear a helmet. "It makes a difference. If you don't have that bucket on your head, you have a better chance of ending up in a coma or dead," said Cooke.

In fact, there's a 37 percent better chance of death or significant head trauma compared to those who wear helmets.

So far this fiscal year, seven Sailors and three Marines have died from injuries sustained in motorcycle accidents.

"In the ideal world there would be zero deaths," Cooke said.

All military riders are required to attend a free motorcycle safety course in order to ride, whether on or off base, and they can use this information to be safe and responsible motorcycle drivers. Cooke also said that many young riders believe they won't be involved in accidents because they are careful drivers. However, it's often not the person on two wheels who causes the accident.

"Nine times out of 10, it's someone in a four-wheeled vehicle who's at fault. People who don't ride often don't see us. We're not on their radar scope," Cooke said.

Naval instructions require all military motorcyclists to wear either full-face, 3/4 or 1/2 helmets approved by the Department of Transportation or the Snell Memorial Foundation. (Source: Story Number: NNS070206-13 / Release Date: 2/6/2007 1:16:00 PM / By April Phillips, Naval Safety Center Public Affairs)

<i>Days since last mishap</i>	<i>23</i>
<i>Days since last lost time mishap</i>	<i>23</i>

NABLC Mishap Data
Commands reporting to NAB only

Seatbelt Use Survey

During January, seatbelt surveys were conducted aboard Little Creek NAB to spot check vehicles for compliance. Checks were conducted during morning and afternoon traffic hours at Gates 1 and 5. Overall compliance was 94.23%.

Gate	AM/PM	Inbound / Outbound	# of Vehicles	# Compliant	Driver No Belt	Passenger No Belt	Compliance Percentage
5	AM	Inbound	1043	1024	19	0	98.18%
5	AM	Outbound	247	222	23	2	89.88%
1	AM	Inbound	328	927	1	1	99.89%
1	PM	Outbound	643	523	98	22	81.34%

(Future seatbelt surveys will be conducted at random locations around NABLC)



Seatbelts are mandatory in Virginia! Unrestrained personnel in vehicles become "missiles" during accidents and run a greater risk of being ejected from the vehicle. Your seatbelt will prevent most serious injuries in an accident. Seatbelts can only do their job if you wear them properly. Both lap and shoulder restraints should be used, and seat backs should be in an upright position. Seat's that are reclined with the driver/passengers leaning up-right without support can allow the driver to become airborne in the vehicle or worse, slide below the belts in an accident. We will continue to monitor seatbelt usage and report the results. So get caught, wearing yours! Who knows the life you save, might be your own.



Traffic Death Update

At 1920 on February 19, a chief hospital corpsman assigned to Naval Hospital, Camp Lejeune, was killed in Jacksonville, N.C., when another vehicle crossed the center lane and collided with his vehicle.

At 0001 on February 19, a Marine private first class on post-boot camp leave was killed in a car crash on a two-lane road in Sante Fe County, New Mexico. The Marine was a backseat passenger at the time. He was wearing a seat belt but died when the vehicle rolled over.

On February 16, a Marine corporal assigned to MCCES K9R died about two minutes after being taken off life support. The corporal had been hospitalized since a Feb. 4 crash, in which he was a passenger in another Marine's vehicle. The crash occurred in Barstow, Calif.

[PMV Stats](#) | [PMV Narratives](#)

Navy and Marine Corps PMV Deaths FY07 to date : **42** (as of 02/22/07)



Have a Safe & Happy St. Patrick's Day

Paddy was shaving when he knocked the mirror off the shelf and it fell to the floor and it cracked across the middle. Paddy gazed in horror. 'Bejabbers, I've cut my throat,' he gasped.



ARRIVE ALIVE

...Just Added to the Traffic Training Schedule...

Driver Awareness Safety Training (DAST)

DAST Class will be held on 14 March 2007 – Bldg 1602, Rm. 112-E (Classroom adjacent to the Safety Office) from 0730-1130. To obtain a quota please call 462-2199 / 462-2196.

MC Safety – Experienced Rider Course (ERC)

An ERC will be held on Friday, 23 March 2007 from 1200-1600 in conjunction with the Basic Rider Course (BRC). Class will meet at the MC Range near the chapel. This is a great opportunity to dust off the winter cobwebs and get back in the wind for some great spring riding.

Personnel wishing to register for the ERC will need to provide their BRC Card to enroll. To obtain quota please call 462-2199 / 462-2196. You can also register via our website at www.nablc.navy.mil/safety just look for the Motorcycle Training link on the left side of the webpage.



Traffic Safety Training

Motorcycle Safety

Basic Rider Course (BRC): Two day course required for all Active Duty Military who ride a MC on or off base; and civil service personnel, retirees, dependents, and contractors who ride a MC on base.

Experienced Rider Course (ERC): One day course to brush up old skills. To enroll in the Experienced Rider Course, you must provide a copy of your BRC card to show you have completed the MSF Basic Rider Course- copy of card may be faxed to our office at (757) 462-2566.



Driver Awareness Safety Training (DAST)

This is a one day (4 hour) class in traffic safety to establish & reinforce safe driving habits. This course meets the "Military Personnel under 26 years of age" traffic safety training requirement. Class dates will be determined based on interest in the class and personnel requesting registration. Commands interested in scheduling personnel for this training should contact our office at 462-2199 or 462-2196.

Motorcycle Safety Training Schedule

(more classes available at other Regional bases- see our website)

<u>Dates</u>	<u>Course</u>	<u>Days</u>	<u>Times</u>
➤ 05-06 March 2007	BRC	Mon/Tue	0700-1600
➤ 23-24 March 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 09-10 April 2007	BRC	Mon/Tue	0700-1600
➤ 20-21 April 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 07-08 May 2007	BRC	Mon/Tue	0700-1600
➤ 07 May 2007	ERC	Mon	0730-1200
➤ 21-22 May 2007	BRC	Mon/Tue	0700-1600
➤ 04-05 June 2007	BRC	Mon/Tue	0700-1600
➤ 04 June 2007	ERC	Mon	0730-1200
➤ 15-16 June 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 18-19 June 2007	BRC	Mon/Tue	0700-1600
➤ 09-10 July 2007	BRC	Mon/Tue	0700-1600
➤ 09 July 2007	ERC	Mon	0730-1200
➤ 10-11-12 July 2007	BRC	Tues/Wed/Thu	1600-2000
➤ 20-21 July 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 23-24 July 2007	BRC	Mon/Tue	0700-1600
➤ 06-07 August 2007	BRC	Mon/Tue	0700-1600
➤ 06 August 2007	ERC	Mon	0730-1200
➤ 17-18 August 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 20-21 August 2007	BRC	Mon/Tue	0700-1600
➤ 21-22-23 August 2007	BRC	Tues/Wed/Thu	1600-2000
➤ 04-05 September 2007	BRC	Mon/Tue	0700-1600
➤ 04 September 2007	ERC	Mon	0730-1200
➤ 17-18 September 2007	BRC	Mon/Tue	0700-1200
➤ 01-02 October 2007	BRC	Mon/Tue	0700-1600
➤ 01 October 2007	ERC	Mon	0730-1200
➤ 12-13 October 2007	BRC	Fri/Sat	F - 1200-2000 & S - 0800-1600
➤ 15-16 October 2007	BRC	Mon/Tue	0700-1600
➤ 05-06 November 2007	BRC	Mon/Tue	0700-1600
➤ 03-04 December 2007	BRC	Mon/Tue	0700-1600

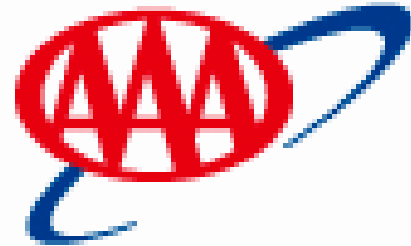
- ➡ On-line registration & procedures, visit our website at:
<http://www.nablc.navy.mil/safety/motorcycletrainingcourse.htm>
- ➡ Participants must provide their own motorcycles for the course & have appropriate license endorsements, registrations, insurance and inspection.
- ➡ Classes begin at 0700 at Bldg 3535 Base Chapel. Participants will meet in the parking lot on the corner of 5th St. & D St (Lot is located between the Base Chapel and the NEX Furniture Store) See website for map!
- ➡ Personnel registering for the ERC must provide a copy of their BRC course completion card when they register.
- ➡ Questions can be directed to Kymm Beaver 462-2199

AAA Driver Improvement Program (DIP)

(more classes available at other Regional bases- see our website)

2007

- ✓ 28 March
- ✓ 25 April
- ✓ 30 May
- ✓ 27 June
- ✓ 25 July
- ✓ 29 August
- ✓ 26 September
- ✓ 31 October
- ✓ 28 November
- ✓ 12 December



- Per OPNAVINST 5100.12G Navy Traffic Safety Program Instruction requires DIP classes for: All Navy military & DON civilian personnel operating government motor vehicles (GMV). Personnel are required to take the DIP Class if they are required to operate a GMV by job description, PD, a requirement of the specific job, etc. It does not include personnel who operate GMVs such as the CO/XO, person using a GMV to go on travel, etc.
- All Navy military & DON civilian personnel involved in a crash while driving a GMV (whether on or off government property) All Navy military personnel who have been convicted of serious moving traffic violations (e.g. reckless driving, driving while impaired, speeding, following too closely, failure to yield, etc.) while driving a private motor vehicle (PMV) or GMV (whether on or off government property).
- All DON civilian personnel in a duty status who have been convicted of serious moving traffic violations (e.g. reckless driving, driving while impaired, speeding, following too closely, failure to yield, etc.), while driving a PMV or GMV (whether on or off government property) (Note- Serious violations are similar to those considered "6-point violations" by the Virginia Department of Motor Vehicles).
- Offenders, military or civilian, shall successfully complete the American Automobile Association's Driver Improvement Program (AAA DIP) conducted by a COMNAVSAFECEN-approved instructor or other COMNAVSAFECEN approved training or lose installation driving privileges.

Thanks to everyone who contributed to this month's Safety Advisor

NAB LITTLE CREEK SAFETY OFFICE

2660 Tarawa Ct. Bldg. 1602 Suite 112-D

Norfolk, VA 23521-2415

(757) 462-2193 - fax (757) 462-2566 - DSN 253

www.nablc.navy.mil/safety



U.S. Navy photo by Journalist 2nd Class Brian P. Biller

Crew wearing PPE for noise exposure assist landing of a CH-46E Sea Knight aboard the dock landing ship USS Harpers Ferry (LSD 49).

HEARING READINESS

Noise induced hearing loss is an entirely preventable disability. Measures the Navy and Marine Corps are using to protect military and civilian employees from hearing loss include:

- Implementing engineering controls
- Identifying hazardous noise areas
- Using regular audiometric testing
- Providing training to workers on the benefits of hearing protection
- Enforcing the use of personal protective equipment
- Administering measures such as shorter work shifts in noise hazardous environments.

Despite our best efforts, noise-induced hearing loss remains the Navy's number one occupational health expense. Solving the noise issue will require a total system approach using a variety of technical and operational solutions. Design and acquisition of quieter systems, maintaining these systems, and continuing research into quiet system designs and equipment make noise control within the Navy and Marine Corps achievable. [For more information on Hearing Readiness, refer to the Resources page at the back of this Planner.]

March Safety Dates

Save Your Vision Week, 4-10
www.ao.org

National Sleep Awareness Week, 5-11
www.sleepfoundation.org

Check CO and smoke detector batteries, 11th

NIOSH Applied Ergonomics Conference, 12-15
www.appliedergo.org/conference

15th Annual Navy, Marine Corps, and Coast Guard Safety Professional Development Conference, 12-16
<http://www.safetycenter.navy.mil/training/pdc/default-15PDC.htm>

46th Navy Occupational Health & Preventive Medicine Conference (NEHC Conference), 17-22
<http://www-nehc.med.navy.mil>

National Poison Prevention Week, 18-24
www.cpsc.gov

Safety Myth – You get used to noise exposure - the ears get tougher.

Reality: An individual exposed to noise doesn't get used to the exposure. The loss of hearing simply increases the threshold of hearing perception, distorts clarity of communications and thus reduces the apparent intensity of noise exposure. Hearing loss continues as exposure is sustained. Because little if any pain is felt with hearing loss, many individuals aren't aware of hearing loss until it is too late.